



# Nabha Speaks

## THE NABHA FOUNDATION NEWSLETTER

NOVEMBER 2023

### Our Initiative to Curb the Spread of HIV/AIDS in the Region through the COMPOSITE TARGETED INTERVENTION PROJECT

In 2008, we were selected by the Punjab State AIDS Control Society (PSACS) to run the Composite Targeted Intervention Project (CTIP) for female sex workers (FSWs) & men who have sex with men (MSMs) at Nabha, District Patiala. Through this project, we are creating awareness/behaviour modification, helping HRGs in the treatment of sexually transmitted infections (STIs), identifying & mobilizing peer educators, and promoting safe sex practices. Today after working in the region for more than 15 years our initiative has impacted and improved the lives of many HRGs. We have reduced the incidences of STD/HIV/AIDS among the target population through:

- Relentless work on awareness of STI/HIV amongst the High-Risk Groups
- Encouraging the health-seeking behaviour of the target population and providing timely support
- Introducing safe sex practices including condom promotion and correct usage to the target population
- Identifying and developing peer educators among the primary stakeholders
- STI Management

Through regular interactions, a relationship of trust is formed with the HRGs which helps us guide them to join programs specific to their need (mentioned in the next column) which they are hesitant to approach or are unaware of:

#### Other great reads inside:

Our Initiative to Curb the Spread of HIV1  
Drop-in-Centres|2  
First Rank awarded to the Nabha  
Foundation |2  
A Rally on World AIDS Day|3  
Stepping into New Territory|3  
Talking Through Pictures|4



- HIV Integrated Counseling and Training Centre (ICTC)
- Anti-Retroviral Treatment (ART) Center
- Direct Observation Treatment Service (DOTS)
- Treatment of Opportunistic Infections (OI)
- Community Care Centers (CCC)
- Our Drop-in-Centres which provide an enabling environment

Today, apart from FSWs & MSMs, we are also supporting Transgenders & Injectable Drug Users (IDUs) all of who fall in the category of High-Risk Groups and require help urgently.

## OUR DROP-IN-CENTRES - AN ENABLING ENVIRONMENT FOR THE FEMALE SEX WORKERS (FSWs) AND THEIR CHILDREN:

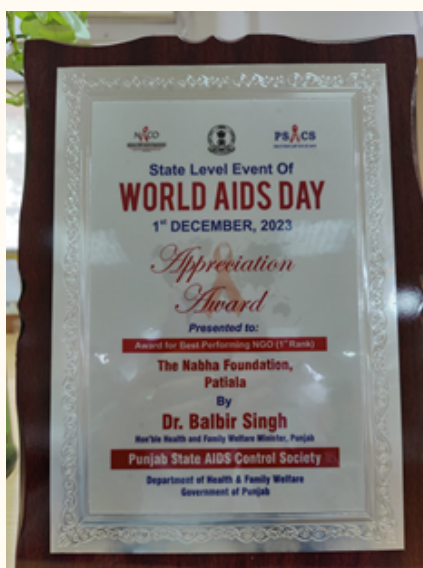
Acknowledging the severity of the needs of the children of FSWs, our drop-in-centres provide support tailored to the needs of these children. Due to an unstable environment at home, these children find it difficult to cope with their studies, and some drop out of school altogether. Girls are pushed into early marriage and some children get into substance abuse. The FSWs want their children to complete their education and break this vicious cycle. Our teachers and team ensure that these children continue their education keeping in mind their overall development. Apart from academics we organise recreational activities like games, drawing, poems, and art sessions for the children. Health and hygiene awareness is a crucial part of our program. The impact of these special classes is visible in the performance of these children at school which has shown a marked improvement.



## Best Performing NGO – First Rank awarded to the Nabha Foundation

For our work towards prevention and control of HIV/AIDS in the region through our 'Community Health Program' we have received the first rank for the Best Performing NGO by the Punjab State AIDS Control Society (PSACS), Department of Health & Family Welfare, Government of Punjab and the National Aids Control Organization (NACO). We were awarded the Best Performing NGO Award for 2022-23 by Dr. Balbir Singh, Hon'ble Health and Family Welfare Minister, Punjab in a State Level Event of World AIDS Day in Patiala on 1st December 2023.

We feel very grateful and highly motivated for this recognition. In the future also our focus will be on the HRGs, not only to help them ward off the danger of contracting HIV/AIDS but also to mainstream them once they are out of danger so that they can live healthy and dignified lives.





## A Rally on World AIDS Day

We organised a rally on World AIDS Day in Nabha flagged by Sr. Medical Officer Dr. Sanjay Goel through the sensitive areas inhabited by the High-Risk Groups (HRGs) and the Community Members. “Let the communities lead” was the theme this year that highlights society's role in the fight against AIDS. Considering the rising cases of HIV & AIDS in Punjab, it becomes all the more crucial to step up the efforts to monitor and counsel the drug addicts sharing needles and talk about the importance of protected sex and regular health check-ups to ward off the danger of contracting HIV/AIDS and its spread.



## Oral Drug Therapy Centre

It's never too late! One step in the right direction can change the course of life for the better. Drug addiction can adversely impact life not to mention the innumerable risks associated with injecting drugs. Recently, under our Targeted Intervention Program, Punjab State AIDS Control Society (PSACS), the Government of Punjab has sanctioned us to run an Oral Drug Therapy Centre and provide Opioid Substitution Therapy- OST to drug users to reduce the debilitating effects of injecting drugs and ward off serious diseases such as HIV. This has added strength to our existing work with the High-Risk Groups (HRGs) and will help us keep the spread of HIV and other diseases in check. 45 HRGs have already enrolled and benefitting from this therapy.



## Stepping into New Territory - The Composite Targeted Intervention Project (CTIP) now takes us to Bathinda, Punjab

Based on our performance in District Patiala since 2008, the Punjab State AIDS Control Society has sanctioned us the CTIP Project on Awareness and Prevention of HIV/AIDS in District Bathinda in October 2023. Our work will benefit High-Risk Groups consisting of FSWs, MSMs, and IDUs. Through this project, we will create awareness/behaviour modification, help HRGs in the treatment of sexually transmitted infections (STIs), identify and develop peer educators, and promote safe sex practices to reduce the risk of STIs.

After the success of our intervention in District Patiala, we are now all set to work in District Bathinda and touch new milestones.

## Talking Through Pictures

ਸਿਵਲ ਹਸਪਤਾਲ ਨਾਭਾ ਐਸ. ਐਮ. ਓ. ਡਾ. ਸੰਜੇ ਗੋਇਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਵਿਸ਼ਵ ਏਡਜ਼ ਜਾਗਰੂਕਤਾ ਤੇ ਲੋਕਾਂ ਨੂੰ ਏਡਜ਼ ਬਾਰੇ ਕੀਤਾ ਗਿਆ ਜਾਗਰੂਕ



ਨਾਭਾ, 2 ਦਸੰਬਰ -ਸੁਧੀਰ ਸੈਨ-ਪੁਸ਼ੀ ਕੀ ਤਾਕਤ ਚਿਉਰੋ-ਵਿਸ਼ਵ ਏਡਜ਼ ਦਿਵਸ ਤੋਂ ਅਵਾਰਨੈਸ ਸਿਵਲ ਸਰਜਨ ਪਟਿਆਲਾ ਡਾ. ਰਮਿੰਦਰ ਕਰ ਦੇ ਡਾ. ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼ਾਂ ਅਤੇ ਸਿਵਲ ਹਸਪਤਾਲ ਨਾਭਾ ਦੇ ਸੀਨੀਅਰ ਵਿੱਚ ਮੋਡੀਕਲ ਅਫਸਰ ਡਾ. ਸੰਜੇ ਗੋਇਲ ਦੀ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਸਿਵਲ ਵਜਨ ਹਸਪਤਾਲ ਨਾਭਾ ਵਿਖੇ ਵਿਸ਼ਵ ਏਡਜ਼ ਖਾਸੀ ਜਾਗਰੂਕਤਾ ਦਿਨ ਤੇ ਲੋਕਾਂ ਨੂੰ ਏਡਜ਼ ਬੁਖਾਰ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ ਗਿਆ। ਜਿਸ ਬੁੱਧ ਦੌਰਾਨ 'ਦਾ ਨਾਤਾ' ਫਾਊਂਡੇਸ਼ਨ ਇਸ ਨਾਭਾ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਰੋਲੀ ਦਾ ਬਾਰੇ ਆਯੋਜਨ ਵੀ ਕੀਤਾ ਗਿਆ। ਜਿਸ ਨੂੰ ਨਜਰ ਐਸ ਐਮ ਓ ਨਾਭਾ ਡਾਕਟਰ ਸੰਜੇ ਸਿਹਤ ਗੋਇਲ ਨੇ ਹਰੀ ਝੰਡੀ ਦੇ ਕੇ ਰਵਾਨਾ ਜਾਂਚ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਐਸ ਐਮ ਓ ਨਾਭਾ ਹੋਲਬ ਡਾ. ਸੰਜੇ

ਗੋਇਲ ਨੇ ਜਾਣਕਾਰੀ ਕਿਹਾ ਦਿੱਤਾ ਦੱਸਿਆ ਕਿ ਇਹ ਬਿਮਾਰੀ ਨਾਲ ਵਿਅਕਤੀ ਨਾਲ ਅਸੁਰੱਖਿਅਤ ਸ਼ਰੀਰਕ ਸਬੰਧ ਗਲੋ ਬਨਾਉਣ ਨਾਲ, ਦੂਸ਼ਿਤ ਖੂਨ ਨਾਲ, ਸ਼ੁਕ੍ਰਮਿਤ ਸੂਈ ਨਾਲ ਟੀਕਾ ਲਗਵਾਉਣ, ਕੰਨ ਵਿਚੋਂ ਜਾ ਟੇਟੂ ਬਣਵਾਉਣ ਨਾਲ ਏਡਜ਼ ਸ਼ੁਕ੍ਰਮਿਤ ਮਾਂ ਉਸਦੇ ਹੋਣ ਵਾਲੀ ਸੰਤਾਨ ਨੂੰ ਹੋ ਸਕਦੀ ਹੈ। ਅਸ਼ੀਸ਼ ਗਰਗ ਨੇ ਇਸ ਬਿਮਾਰੀ ਦੌਰਾਨ ਸ਼ਰੀਰ ਰੋਗਾਂ ਨਾਲ ਲੜਨ ਸ਼ਕਤੀ ਦਾ ਘੱਟਣਾ, ਘੱਟਣਾ, ਲਗਾਤਾਰ, ਬਾਰ-ਬਾਰ ਚੁਕਾਮ, ਸਿਰਦਰਦ, ਥਕਾਨ, ਨਾ ਲੱਗਣੀ ਆਦਿ ਬਿਮਾਰੀ ਦੇ ਲੱਛਣਾਂ ਦੱਸਿਆ ਅਤੇ ਇਹ ਲੱਛਣ ਆਉਣ ਤੇ ਤੁਰੰਤ ਨਜ਼ਦੀਕੀ ਕੇਂਦਰ ਵਿਖੇ ਏਡਜ਼ ਦੀ ਮੁਫਤ ਕਰਵਾਉਣ ਦੀ ਸਲਾਹ ਦਿੱਤੀ। ਇਸਪੇਕਟਰ ਸਤਪਾਲ ਸਿੰਘ ਨੇ ਕਿ ਪੀਐਚਟੀ ਵਿਅਕਤੀਆਂ ਭੋਜਨ ਕਰਨ, ਬਰਤਨ ਸਾਢੇ ਕਰਨ ਨਾਲ, ਹੱਥ ਮਿਲਾਉਣ ਅਤੇ ਲਗਾਉਣ ਨਾਲ, ਇੱਕ ਪਖਾਨੇ ਦੇ ਇਸਤੇਮਾਲ ਨਾਲ, ਮੱਛਰ ਦੇ

ਕੱਟਣ ਨਾਲ ਅਤੇ ਖੱਗਣ ਅਤੇ ਛਿੱਕਣ ਨਾਲ ਇਹ ਰੋਗ ਨਹੀਂ ਫੈਲਦਾ। ਇਸ ਬਿਮਾਰੀ ਤੋਂ ਬਚਣ ਲਈ ਡਾ. ਸੰਜੇ ਗੋਇਲ ਸੀਨੀਅਰ ਮੋਡੀਕਲ ਅਫਸਰ ਨੇ ਪੀਐਚਟੀ ਵਿਅਕਤੀ ਨਾਲ ਅਸੁਰੱਖਿਅਤ ਸ਼ਰੀਰਕ ਸਬੰਧ ਨਾ ਬਨਾਉਣ, ਆਪਣੇ ਸਾਥੀ ਨਾਲ ਵਫਾਦਾਰ ਰਹਿਣ, ਖੂਨ ਦੀ ਚੰਗੀ ਤਰ੍ਹਾਂ ਜਾਂਚ ਕਰਕੇ ਮਨਜ਼ੂਰਸ਼ੁਦਾ ਸੰਸਥਾ ਤੋਂ ਹੀ ਚੜਾਉਣਾ, ਉਪਯੋਗ ਕੀਤੀ ਸੂਈ ਜਾਂ ਬਲੈਡ ਦਾ ਇਸਤੇਮਾਲ ਨਾ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ। ਇਸ ਮੌਕੇ ਹੋਲਬ ਇਸਪੇਕਟਰ ਦਵਿੰਦਰ ਸਿੰਘ, ਡਿਪਟੀ ਮਾਸ ਮੀਡੀਆ ਅਫਸਰ ਪਰਮਿੰਦਰ ਸਿੰਘ, ਲਖਵਿੰਦਰ ਸਿੰਘ ਅਤੇ ਸਿਵਲ ਹਸਪਤਾਲ ਨਾਭਾ ਦੇ ਸਮੂਹ ਸਟਾਫ਼ ਤੋਂ ਇਲਾਵਾ ਨਾਭਾ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਪ੍ਰਗਰਮ ਮੈਨੇਜਰ ਵਿਸ਼ਾਲ ਸੋਨੀ, ਕੰਸਲਰ ਹਰਦੀਪ ਕੌਰ, ਨਵਦੀਪ ਸਿੰਘ, ਗੀਤ, ਮਧ ਅਤੇ ਆਮ ਲੋਕ ਹਾਜ਼ਰ ਸਨ।



### The Composite Targeted Intervention Project

**Partner with us** – Donating to the Nabha Foundation means gifting quality education to underprivileged children | Joining hands with the small & marginalised farmers to build a sustainable future and restoring mother Earth| Health and hope for communities battling drug addiction, diseases like HIV/AIDS & effects of poor sanitation | A new lease of life to a dying craft and livelihood for women | Job-oriented skill training courses for the youth – Your financial help makes all this happen, and more. Do write to us at [info@thenabhafoundation.org](mailto:info@thenabhafoundation.org). **All donations are exempt U/S 80 G of the Income Tax Act of India.**

### LET'S CONNECT

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